

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

June 2023



Summer might not officially start until June 21, but with two teenagers at home, it started for me with the end of school. Just as some people start thinking about warm weather, travel, pool time, beach time, ice cream time—wait, that one’s year-round; never mind—I start to wonder how I will focus on work when all I want to do is hang out with my kiddos. As I look forward to weekday lunches together when they’re not working, volunteering, or with friends, I am reminded how much we all crave togetherness on some level. I’m a major introvert and love my time alone, but I also need that time with friends and loved ones. Which brings me back to Marin Villages and what an amazing resource it is for connection. I hope you’ll follow our calendar

https://marin.helpfulvillage.com/events?all_villages=1) and your local-village newsletters to find events this summer, and plan to spend time with some of the nicest people you’re likely to find. Many of the events are open to members and volunteers from all villages. Come enjoy our amazing surroundings in the company of friends! *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

A very happy birthday to our June nonagenarians



Before we begin this month, our apologies to **Beverly Rogers** and **Jean-Marie Campbell**, who both celebrated birthdays (90 and 91, respectively) in May and were inadvertently left out of our congratulations. A belated and enthusiastic Happy Birthday to both of you! Our June nonagenarians include **Jackie De Nevers** and **Sally Warren**, who join the 90+ Club this month; **Barbara Kvam**, who turns 94; and **Maxine Cohen**, who turns 98. We're sending you all the warmest of birthday wishes!

Our Annual Fund spring campaign is happening now!

Our Annual Fund is our biggest source of revenue, and we are extremely grateful for all the donations we receive from our members, volunteers, and friends. Your gifts make it possible for us to continue growing and expanding our services and gatherings, all of which contribute so meaningfully to our lives. Thank you in advance for helping us with a donation to our Annual Fund spring campaign. No gift is too small (or large)! You can donate on our website www.marinvillages.org or send a check to Marin Villages at 4340 Redwood Highway, F-142, San Rafael, CA 94903.

Save your spring-cleaning treasures for The Pop-up Thrift Boutique



After two highly successful years, we are having another Pop-up Thrift Boutique in the fall and will start collecting donations in July. So if you are spring cleaning, **please save your treasures for our amazing sale**, whose proceeds all go to supporting our wonderful programs. We will gladly take women's, men's, and kids clothing & shoes; jewelry; artwork; kitchenware; home décor; linens; and more. Please note we are NOT accepting books, CDs, skis, women's or men's suits, large furniture, or computers and monitors.

MARIN VILLAGES PROGRAMS

Fathers and Others Day Not Home Alone

Sunday, June 18, 2:00pm

Pacific Catch, 133 Corte Madera Town Center 



Let's celebrate the "Pop stars" in our lives! Fathers, uncles, grandfathers and others. All members and volunteers are welcome! Join Not Home Alone hostess Donnalee Wells and other Marin Villagers for an early Fathers and Others Day dinner. First come, first served. Please **bring cash** for your meal. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or (415) 302-9244. Please call the Marin Villages office if you need a ride—rides are limited on holidays.

Ask a Geriatrician

Tuesday, June 20, 3:00 – 4:00pm

Zoom



Please join Dr. Wynn Canio, geriatrician at Marin Kaiser, in another informative presentation for our Marin Villages community. This time she will address . . . **anything on your mind!** Join us to ask any health-related questions you have, and there will for sure be others who are wondering the same thing. Dr. Canio regularly shares advice on a range of health matters for healthy living, from prevention through treatment and recovery. Register to get the Zoom link here:

<https://marin.helpfulvillage.com/events/5330-zoom-event-with-dr-wynn-canio---%22ask-a-geriatrician!%22>

Men's Coffee

Wednesday, June 21, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155).

Technology/Computer Help Office Hours

Wednesday, June 21, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our volunteer tech support group for the answers to these and all of your other burning technology questions! We look forward to continuing to help solve your frustrating tech problems. This is a space where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful tech volunteers. Even if you'd just like to sit in to learn a little more about technology, we'd love to have you participate! So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This opportunity is available to all Marin Villages members and volunteers. Please join us at this link: <https://us02web.zoom.us/j/89289995207>!

Bocce

Friday, June 23, 2:00 – 4:00pm (note the time change!)

Bocce Federation of Marin, 550 B Street, San Rafael



Summer bocce begins! Please remember: wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Come for the company and watch others play if you prefer. Either way, join us!

COMMUNITY PROGRAMS

Jazz Up Your Aging Brain with Music! Ways to Address Aging and Dementia

Wednesday, June 28, 10:30 – 11:45am

Zoom

Music has the power to stir up powerful emotions, memories, and passions. But it is only now, thanks to cutting-edge experiments, that scientists are starting to understand how our brains process and react to music. Join us to learn about music's connections to our mind, health, and well-being across the lifespan; how music might promote healthy aging; music as medicine and therapy for dementia; and music's role for a healthy you and healthy world. Dr. Alison Balbag, Ph.D., DMA is a doctor, musician, and gerontologist specializing in health and aging across the lifespan. Her research has found that music is linked to keeping us healthy, sharp, and protected from dementia and cognitive decline. Please use this address to register for this free event and receive the Zoom link.

<https://www.eventbrite.com/e/jazz-up-your-aging-brain-with-music-ways-to-address-aging-and-dementia-registration-629732917107>

For our vision-impaired members

Marin Villages has formed a partnership with Vision Impaired of Marin. We now have trained and knowledgeable Marin Villages vetted volunteers who are available to support and resource our vision-impaired members to services specifically to meet their needs. Please contact BJ Slater at the Marin Villages office if you would like to speak with one of these volunteers. (415) 457-4633

Vision Impaired of Marin supports those struggling with their vision, offering programs, support, information, resources and activities. For more information on programs, visit their website, www.bvim.org. To contact them, call (415) 459-5066 or email info@bvim.org.

Ongoing events:

First Wednesday of every month – **Zoom support group** <http://www.bvim.org/support-groups>

Every two-three months – **Luncheon meeting** <https://bvim.org/luncheons>

Second Saturday of each month – **Talking Book Club** <http://www.bvim.org/talking-book-club>

Digital newspapers available to read online through the library!



The San Anselmo Library offers card holders the opportunity to go online and read a multitude of digital newspapers (NY Times, WSJ, SF Chronical, Marin IJ) without a subscription. All you need is your

library card and password/PIN. For more information, visit this site.

<https://www.townofsananselmo.org/1462/Digital-Newspapers>

CHECK THIS OUT...

While at first this article sounds like a fun vacation idea, the full story is much deeper and involves whales' role in the health of our planet—but you have to read the part about **whales interacting (safely!) with tourists**. <https://reasonstobecheerful.world/up-close-ecotourism-is-bringing-back-mexicos-gray-whales//>

If you grew up on **Scrabble**, **Trivial Pursuit**, or **The Game of Life**, take note. Hasbro has retooled the games to make the play experience more appealing and easier for older adults.

<https://www.cnn.com/2023/05/04/business/hasbro-scrabble-trivial-pursuit-elderly-players/index.html>

Remember the Berkeley Farms tagline, “Farms in Berkeley?” Here I say, “**Farms in Tokyo?**”

<https://reasonstobecheerful.world/tokyo-urban-farms-protection-law//>

I know this is technically a fashion runway, but designer **Iris van Herpen's collection *Sensory Seas*** is a visual smorgasbord with its eye-popping flowy, shimmery, ocean-ecology-inspired designs.

<https://www.youtube.com/watch?v=pGxia4hkTyc&t=15s>

Lidia Bastianich, famed chef and Italian immigrant, “travels from big cities to small towns in America to share the inspiring stories of first, second, and third-generation Americans forging their own way, and shaping the shifting definition of what it means to be an American” in her special, ***Flavors that Define Us***.

<https://www.pbs.org/food/shows/lidia-celebrates-america/>

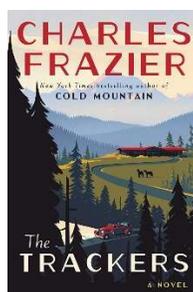
If **genies were Southern...** <https://www.youtube.com/watch?v=rVPi0Q-gTOo>

This group of young dancers from Uganda calls itself **Ghetto Kids** and has a heartwarming story behind it, but the kids' appearance on *Britain's Got Talent* is pure fun and adrenaline.

<https://www.youtube.com/watch?v=GhnGmFO9Fwk>

BOOKS, MOVIES, OR TV WE CAN'T STOP THINKING ABOUT

Books



The Trackers, Charles Frazier

This new novel from the author of *Cold Mountain* sees painter Val Welch commissioned to paint a New Deal-era mural in the Dawes, Wyoming post office. Invited to stay at the ranch of John and Eve Long—he a former WWI sniper and potential politician and she a former rail-rider and singer—Val becomes involved in intrigue he never imagined. Eve disappears with a small Renoir painting that John bought after WWI, and John sends Val after her, leading him to Florida, Seattle, and San Francisco. From ramshackle Hoovervilles to night clubs, Val learns more than he wanted to know about Eve, and simultaneously falls in love with her. Frazier’s vivid depictions of America during the Depression show a country not entirely unlike the one we live in today politically and economically. The images the book imprinted on my brain are still there a few weeks after reading it. *Danielle, Marin Villages staff*

Movies



AIR, Amazon Prime Video

From award-winning director Ben Affleck, AIR reveals the game-changing partnership between a then-undiscovered Michael Jordan and Nike’s fledgling basketball division which revolutionized the world of sports and culture with the Air Jordan brand. Starring Matt Damon, Ben Affleck, Jason Bateman, Chris Messina, Marlon Wayans, Chris Tucker, and Viola Davis, this film is not only a love-letter to the 1980s, but an amazing story of how running-shoe-specialist Nike became the must-have shoe for basketball and fashion. *Danielle, Marin Villages staff*

TV

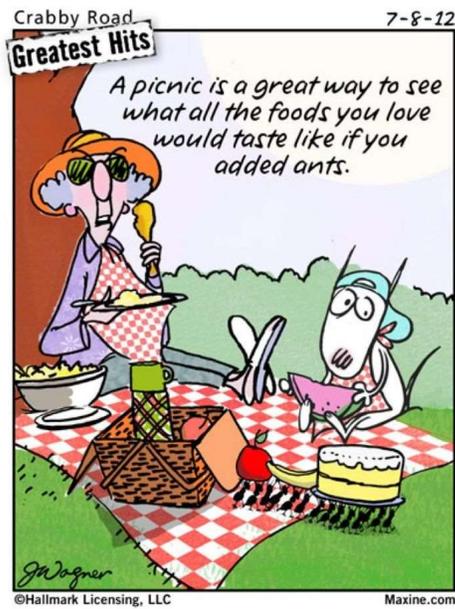


Luisa Spagnoli, PBS Passport

Luisa Spagnoli, teeming with entrepreneurial spirit and endowed with extraordinary modernity and creativity, made her mark in an environment unfriendly to powerful, visionary women. Born in Perugia in 1877, in her lifetime she founded Perugina chocolates, was the first to incorporate angora rabbit hair into sweaters, and then founded the clothing company Luisa Spagnoli, still owned by her family today. Along the way she pioneered offering a family-friendly workplace for women and stood up for women's rights in an era where that was potentially dangerous in Italy. This four-part series in Italian with subtitles is gorgeous and captivating, and tells the story of a most extraordinary woman. *Danielle, Marin Villages staff*

HUMOR

Ah, the summer picnic...





BEFORE WE GO

The late, very great, **Tina Turner** sings *Proud Mary* with Elton John on piano and Cher joining in on lyrics. Three legends on one stage. <https://www.youtube.com/watch?v=6tGXNejyPsk>

If you know someone who might be interested in Marin Villages or this newsletter, please forward it on to them. Word of mouth is one of our biggest sources of new members and volunteers! And, as always, if you have ideas for the newsletter, please send them to communications@marinvillages.org.

If you know someone who could use our services or is interested in volunteering with an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms.

We always welcome donations to support our work! Please use the button below to contribute. Also consider joining our Legacy Circle of donors who have designated Marin Villages as a beneficiary of a gift of cash, real estate or personal property in their estate planning. There are many ways to do so, and no required dollar amount. If you'd like to find out more about our new Legacy Circle, or legacy gifts in general, call Executive Director John Power at (415) 457-4633.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org